Special Issue

Physical Activity, Healthy Lifestyle and Well-Being Across the Lifespan

Message from the Guest Editors

The advantages of maintaining a physically active lifestyle for health and well-being across various life stages are widely recognized and supported by research. However, physical inactivity is a prevalent issue across all ages worldwide and represents an increased risk for health problems. High-priority action is necessary to effectively encourage active lifestyles and health. This Special Issue of Healthcare offers a platform for publishing research exploring the determinants and consequences of an active lifestyle to promote health and well-being through lifespan. We eagerly anticipate the submission of original research studies that delve into various forms of physical activity within diverse contexts across all stages of life. We are particularly interested in papers that follow the trajectory of physical activity across all stages of life, specifically those exploring the relationships between physical activity, healthy lifestyles, health, well-being and the quality of life, and also about the determinants and consequences of inactivity or sedentary behaviour.

Guest Editors

Dr. Luis Cid

Prof. Dr. Teresa Bento

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Deadline for manuscript submissions

closed (31 May 2025)



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Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special

We would be pleased to welcome you as one of our authors.

Editor-in-Chief

issues.

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